

Step One: Cut four pieces of fabric



Step Two: Take two pieces, put the right side of the fabric together, and sew the center seam.



Step Three: Clip along the seam allowances, being careful to avoid clipping the stitches.



Step Four: Top stitch the center seam.

Step Five: Repeat steps two through four for the second two pieces of fabric.



Step Six: Take the two pieces, put them right sides together and sew the top and bottom leaving $\frac{1}{4}$ inch at edges.



Step Seven: Turn the mask right side out and top stitch the top and bottom seams as close to the edge as possible.



Step Eight: Fold edges in and insert staps.



Step Nine: Sew edge seam. Go over strap area a few times.